

## Mental Health First Aid Kit

Write down ideas of things you can do when you're struggling to cope. You can fill this out on your device or print it. If you're struggling to fill it in, it might help to do it with an adult you trust, a Childline counsellor or to get advice from our website: [childline.org.uk/mental-health-first-aid-kit/](https://www.childline.org.uk/mental-health-first-aid-kit/)

Ways I can relax:


Things I can distract myself with:


Things that have made me feel good in the past:


If I need support, I can talk to:

Name	How they can help me	When they're available

## Tips to help you make your first aid kit

- Fill your plan in when you're feeling calm
- Keep it simple and make it easy to understand if you're stressed
- Remember that you don't need to complete it all at once.
- Ask for help from someone you trust or from Childline
- Add things that have worked before, or new ideas you want to try
- Keep updating your plan if you find something new to do

## Ideas of things you can include:

### Relaxion:

- Take a deep breath in while counting "1, 2, 3, 4", then breathe out while counting "1, 2, 3, 4"
- Focus on what's around you, name 5 things you can see, 4 things you can touch or feel, 3 things you can hear, 2 things you can smell and one thing you can taste
- Lie down and close your eyes for 5 minutes
- Imagine yourself creating a drawing, think about what colours you'd use, where you'd start and picture yourself making the drawing

### Distractions:

- Play with a fidget spinner
- Tidy up or organise your room
- Name one animal that begins with each letter of the alphabet (e.g. A for Aardvark)
- Listen to a podcast or some music

### Ways to feel good:

- Have a bath or shower
- Speak to someone you care about
- Watch a funny video
- Draw or make something

### People you can talk to:

- Your parents, carers or a teacher
- Your CAMHS worker, or a crisis team
- Childline
- A friend you feel comfortable with